

#### CLAIMS

1. A polymerizable composition comprising;  
a cycloolefin monomer,  
a flame retardant and  
a metathesis polymerization catalyst,  
wherein a monomer having a condensed ring made of an aliphatic ring having one or more carbon-carbon double bonds and an aromatic ring is used as the cycloolefin monomer.
2. The polymerizable composition according to claim 1, wherein the aromatic ring is a benzene ring, a naphthalene ring or a furan ring.
3. The polymerizable composition according to claim 1, wherein the amount of the monomer having the condensed ring is in the range of 10 to 95 weight % per all the amount of the cycloolefin monomers.
4. The polymerizable composition according to claim 1, further comprising a chain transfer agent and/or a crosslinking agent.
5. The polymerizable composition according to claim 1, wherein the flame retardant is a halogen-free flame retardant.
6. A resin molded product obtained by at least bulk polymerizing the polymerizable composition as claimed in claim 1.